

ABSTRACT OF THE DISCLOSURE

An apparatus for diagnosing sleep apnea, which detects a temporary cessation of breathing during sleep by applying light to a part of a subject's body and processing light output therefrom, includes a light source unit for sequentially generating light of at least two different wavelengths according to a control signal, a photodetecting unit for detecting the light, which are generated by the light source unit and applied to the body part, and for converting the detected light signals into electric signals, a diagnosis unit for substantially removing a time delay between the electric signals output from the photodetecting unit, for calculating a ratio between the electric signals, and for comparing the ratio with a predetermined reference value to diagnose sleep apnea, and a controller for outputting the control signal to the light source unit to generate the light signals, and for providing the predetermined reference value to the diagnosis unit.